

7 BREASTFEEDING FACT SHEET

USING THE ELECTRIC AND HAND PUMP

There are many types of electric pumps. Pumps can be rented at drugstores or medical equipment companies. Rent a good one like the Medela or Ameda. Many insurance companies pay for pump rental if your doctor writes a prescription. Some electric pumps have double collection systems which allow you to pump both breasts at the same time. Talk to your breastfeeding nurse if you have questions.



Hand pumps are small and easy to carry around. There are many types available in baby stores. Another type has a squeeze handle. Ameda and Medela are good pumps. DO NOT use the type that collects milk in a bulb (like a bicycle horn). It does not work very well and is hard to clean.

Get Ready

Find a private place where you feel comfortable. Wash your hands and equipment. Wash the funnel and storage bottles in hot, soapy water with a soft brush. Rinse well. They can be washed in the dishwasher.

Massage Your Breasts

Breast massage helps your milk come out. Put a hand underneath your breast for support. Gently rub your breast with your other hand using small circular motions. Move around the breast, working from your chest toward your nipple. Repeat on your other breast. Massage for at least 2 minutes.

BREASTFEEDING TRIAGE TOOL

Pump the Milk – Electric Pump

- Set the suction lever at the lowest setting.
- Put the funnel on your breast with your nipple in the center.
- Turn the pump on. You will see and feel your nipple move back and forth.
- Increase the suction to a comfortable level, after a few drops come out.
- Single collection system: Start pumping for 3 minutes on each breast and increase to 10 minutes per breast.
- Double collection system: Pump for 10 to 15 minutes.
- Wash the funnel in hot soapy water or put in the dishwasher. Allow to dry before putting away.

Pump the Milk – Hand Pump

- Pick out the nipple adapter that best fits your breast. Put it in the funnel-shaped part of the pump. Center the funnel over your nipple and hold the pump in place.
- Squeeze handle pump: Squeeze and release the handle until milk start dripping into the bottle.
- When the flow of milk slows down, pump your other breast. Then massage both breasts again and pump some more.
- Wash the pump in hot soapy water with a soft brush. DO NOT use powdered cleansers or rough soap pads because they may scratch the pump. They can be washed in the dishwasher.

Store Your Milk

Pour the milk into a clean bottle. Label with the date.

Freshly collected breast milk may be stored:

- At room temperature (less than 78° F or 25° C) for 6-8 hours. Cool it sooner if possible.
- In a refrigerator for 5 days. Put the milk in the back of the refrigerator where it is coldest. If milk will not be used in 5 days, freeze it.
- In a freezer inside the refrigerator for 2 weeks.
- In a freezer with a separate door for 3-6 months (if your freezer keeps ice cream very hard).
- In the deep freeze (separate freezer unit) for 6 to 12 months.

DO NOT boil or microwave breast milk. To thaw or warm breast milk, put the bottle in warm water. It thaws in about 15 minutes. If there is leftover milk after the feeding, throw it away.